

How Thousands of People Have Stopped Overeating and Binge Eating and Stuck to It



Never Binge Again(tm): How Thousands of People Have Stopped Overeating and Binge Eating - and Stuck to the Diet of Their Choice! (By Reprogramming Themselves to Think Differently About Food.)

by Glenn Livingston Ph.D

★★★★☆ 4.2 out of 5

Language : English
File size : 1612 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 164 pages



If you're struggling with overeating or binge eating, you're not alone. Millions of people suffer from these conditions, and it can be incredibly frustrating and isolating. But there is hope. This book will provide you with the tools and strategies you need to overcome overeating and binge eating and create a healthier relationship with food.

In this book, you'll learn:

- The causes of overeating and binge eating
- The different types of overeating and binge eating

- The consequences of overeating and binge eating
- The most effective strategies for overcoming overeating and binge eating
- How to create a healthier relationship with food

This book is based on the latest research on overeating and binge eating. It provides a comprehensive overview of these conditions, and it offers practical, evidence-based strategies for overcoming them.

If you're ready to make a change, this book is for you. It will provide you with the knowledge and tools you need to overcome overeating and binge eating and create a healthier relationship with food.

Bonus Chapter: The 7-Day Meal Plan

This bonus chapter includes a 7-day meal plan that is designed to help you overcome overeating and binge eating. The meal plan is based on the latest research on nutrition and weight loss, and it provides you with healthy, satisfying meals that will help you lose weight and improve your overall health.

If you're serious about overcoming overeating and binge eating, this book is a must-read. It will provide you with the knowledge, tools, and strategies you need to make a lasting change.

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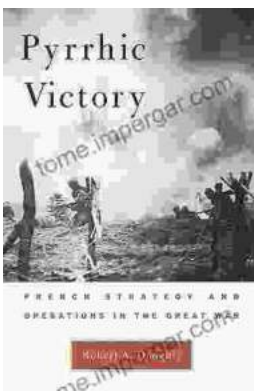


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